

BA in Recreation  
Major Requirements Worksheet  
2026-2027 Catalog

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_

Grade	Course Number & Title (units)	Prerequisites†
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**Complete ALL of the following core courses:**

**21-27 Units**

	REC 141: Introduction to Leisure Services (3) <b>GE Area: 4C</b>	one GE foundation course (corequisite)
	REC 225: Programming Recreation Activities (3)	open to pre-REC majors; <b>Fall Only</b>
	REC 341: Evaluation & Research in Leisure Services (3)	a 'C' or better in REC 141 or 225; not open to Pre-REC majors
	REC 351: Foundations of Inclusive Recreation & Recreation Therapy (3)	a 'C' or better in REC 141 or 225; not open to Pre-REC majors
	REC 480: Philosophy of Recreation & Leisure (3)	a 'C' or better in REC 341, 351, and in three 300/400-level REC courses; department consent; grad check from CHHS Advising required; <b>must be taken the semester prior to REC 498</b>
	REC 498: Internship in Leisure Services (6-12)	<b>completion of all major requirements; REC 485 or 1000 hours of verified paid or volunteer leadership experience approved by faculty advisor; consent of internship coordinator</b>

**Complete ALL of the following upper division courses:**

**18 Units**

	REC 201: Teamwork & Group Dynamics (3)	one GE foundation course (corequisite)
	REC 210: Health & Wellness in Park, Recreation, & Tourism (3)	1st and 2nd year students or REC Majors; <b>Fall Only</b>
	REC 321: Leadership in Recreation & Leisure Studies (3)	none; <b>Spring Only</b>
	REC 326: Fundamentals of Digital & Online Media Strategies in Parks, Rec & Tourism (3)	none; <b>Spring Only</b>
	REC 421: Supervisory & Administrative Practices (3)	a 'C' or better in REC 141 or 225; <b>Spring Only</b>
	REC 437: Equity & Access of Recreation & Leisure (3)	none; <b>Fall Only</b>

**Complete ONE of the following support courses:**

**3 Units**

	<p><b>ONE (1) of the following:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> ANTH 120: Introduction to Cultural Anthropology (3) <b>GE Area: 4C</b></li> <li><input type="checkbox"/> CDFS 211: Principles &amp; Practices of Teaching Young Children (3)</li> <li><input type="checkbox"/> HDEV 180: Lifespan Human Development (3) <b>GE Area: 4C</b></li> <li><input type="checkbox"/> PSY 100: General Psychology (3) <b>GE Area: 4C</b></li> <li><input type="checkbox"/> SOC 100: Principles of Sociology (3) <b>GE Area: 4C</b></li> </ul>	<p><b>ANTH 120:</b> none</p> <p><b>CDFS 211:</b> a 'C' or better in CDFS 111 or PSY 100 or SOC 100; CDFS &amp; FLE majors and pre-majors only</p> <p><b>HDEV 180:</b> none</p> <p><b>PSY 100:</b> GE composition ready or a 'C' or better in one of the following AFRS 100A, ASAM 100A, CHLS 104A, ENGL 100A, or ALI 150 or equivalent</p> <p><b>SOC 100:</b> one GE foundation course (corequisite)</p>
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**Complete all requirements in ONE of the following concentrations:**

**Parks & Recreation Management**

**15 Units**

	REC 323: Park & Recreation Facility Operations (3)	declared majors only; a "C" or better in REC 141 or REC 225; <b>Fall Only</b>
	REC 325: Advanced Program & Event Management (3)	a "C" or better in REC 141 or REC 225; <b>Spring Only</b>
	REC 425: Financing Leisure Studies (3)	none; <b>Fall Only</b>
	<b>TWO (2) of the following:</b> <input type="checkbox"/> REC 322: Recreational Sports Supervision (3) <input type="checkbox"/> REC 416: Aquatic Facility Management (3) <input type="checkbox"/> REC 428: Principles of Nonprofit/Volunteer Management (3) <input type="checkbox"/> REC 433: Management of Organized Camps (3) <input type="checkbox"/> REC 473: Aging & Leisure (3)	<b>REC 322:</b> none; <b>Periodically Offered</b> <b>REC 416:</b> none; <b>Spring Only</b> <b>REC 428:</b> none; <b>Fall Only</b> <b>REC 433:</b> none; <b>Periodically Offered</b> <b>REC 473:</b> none; <b>Summer/Fall Only</b>

**Outdoor Recreation and Tourism**

**15 Units**

	REC 168: Introduction to Travel & Tourism (3) <b>GE Area: 4C</b>	one GE foundation course (corequisite); <b>Fall Only</b>
	REC 331: Dynamics of Outdoor Recreation (3)	none; <b>Spring Only</b>
	REC 431: Recreation Resource Management (3)	a "C" or better in REC 141 or 225; <b>Fall Only</b>
	REC 468: Sustainable Tourism Planning & Development (3)	a "C" or better in REC 168; <b>Spring Only</b>
	<b>ONE (1) of the following:</b> <input type="checkbox"/> REC 245: Wilderness Water Expedition (3) <input type="checkbox"/> REC 337: Outdoor Education and Interpretation (3) <input type="checkbox"/> REC 430: Recreation in the Ocean Environment (3) <input type="checkbox"/> REC 462: Travel, Tourism, and Resort Recreation Management (3)	<b>REC 245:</b> none; <b>Spring Only</b> <b>REC 337:</b> none; <b>Fall Only</b> <b>REC 430:</b> instructor consent; <b>Summer Only</b> <b>REC 462:</b> a "C" or better in REC 168; <b>Spring Only</b>

†Prerequisites are subject to change; consult the University Catalog ([www.csulb.edu/catalog](http://www.csulb.edu/catalog)) for the most recent updates

✓ A 'C' or better is required in all courses

✓ GE credit is granted based on the term you take the course and is subject to change; see the current GE course list at <https://www.csulb.edu/general-education-requirements>

✓ **Total units required for REC major: 57-63**